



Welcome to the new City of Memphis Wellness site "Wellness Works". This site will serve as our window into the world of wellness and provide you with information on all of the services available to you. We hope that you will take advantage of the programs and information provided to help you improve your health and well-being. Enjoy your journey.

Mission Statement

To engage employees in healthy lifestyle choices by providing education, resources and support.

Smoking Cessation Program



All health plan members and their dependents are eligible. Log onto www.myuhc.com and take the health assessment to get started. If you do not have access to a computer, please call 576-6428

DISEASE MANAGEMENT

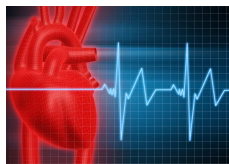
Diabetes



Since 1990 diabetes has doubled in the U.S. and is expected to reach 39 million by 2050. Learn how you can manage your diabetes and protect your children.

Heart Failure

Coronary Artery Disease



Heart disease and stroke are the leading cause of death in this country. They are also the most preventable causes of death. The disease management program is designed to prevent the worsening of heart disease.

Asthma

Chronic Obstructive Pulmonary Disease



An estimated 22 million American suffer from Asthma while COPD is the fourth leading cause of death in the U.S. The disease management program is designed to avoid acute episodes that lead to hospitalization and help you improve your quality of life

HEALTH ASSESSMENT

The health assessment is designed to help you know what diseases you may have a high risk for and helps us to design programs to help you prevent or manage any diseases identified. [Click here.](#)

HEALTH NEWS

Uncontrolled diabetes is the leading cause of new cases of blindness in adults under 75. It is also the leading cause of kidney failure and non-injury foot amputations.

NetFlix also rents fitness videos.

Since 1980, diabetes has doubled and is expected to reach 39 million by 2050

Health problems presently associated with obesity (metabolic syndrome, Type 2 Diabetes, sleep apnea) were essentially nonexistent 15—20 years ago.

DISEASE MANAGEMENT PROGRAMS

A Disease Management Introductory Program is scheduled quarterly for 2010 at the Academy of Learning & Development. If you have one of the chronic diseases listed and want more information on disease management, program announcements will be distributed by email or through your division administration. Programs will be held in April, July, and October.

BONUS INCENTIVE PROGRAM

To be announced.

Smoking Cessation Program

Quit Smoking Forever

The City of Memphis is offering a stop smoking program for all health insurance plan members and their dependents at no cost. This program is being offered through United Healthcare and will help you through all the stages of withdrawal from nicotine addiction. Did you know that nicotine is just as addictive as cocaine or heroin and that most smokers take three to five attempts before successfully quitting? The Quit Power program has been successful in helping people to stop smoking after 30 days of the program.



You will be assigned a coach, either by telephone or online, who will guide you through the program. Your coach will help you determine the type of nicotine replacement therapy that will assist you in quitting and also make arrangements for you to receive your supply. A two-month supply of either the gum or patch will be sent to your home. [Non-nicotine therapy can be made available with physician approval.](#)

The program is six months with eight calls from your coach and you will be able to call your coach as often as you wish. A health risk assessment will be completed before you begin the program giving you the opportunity to learn of other services you may be interested in, such as weight management etc. You have a choice of receiving your information by telephone, online or through the mail.

To register for the program, go to www.myuhc.com, click on **Health & Wellness** and complete the **Health Assessment** to get started. You may also call United Healthcare at **1-877-QUIT-PWR** (1-877-784-8797).

If you are not a member of the health plan, information is available for programs that are free through the Tennessee Tobacco Quitline (1-800-784-8669) and the American Lung Association (1-800-586-4872).

If you have any questions:

Phone: 901-576-6428
Fax: 901-576-6478
E-mail: gloria.askew@memphistn.gov



Mind, Body and Spirit.

Diabetes Management

There are 20.8 million diabetics in the U.S. of which, 6.2 million are undiagnosed, or do not know that they are diabetic. Poorly controlled diabetes is the major cause of kidney failure, limb amputations and blindness. It also increases your risk of heart disease. Type 2 diabetes can be prevented and if you already are diabetic, controlling your blood sugar can prevent or delay the complications of diabetes.

Research has shown that changes in diet (better eating habits) and exercise with weight loss reduces your risk of diabetes. If you have diabetes, it will also be important that you help your children develop good eating habits and increase their activity levels to prevent the onset of diabetes later in their lives.

Increased physical activity is recommended for all types of diabetes, pre-diabetes, Type I and Type 2 diabetes. Exercise improves the ability of muscle and the liver to use insulin, improves the ability of the muscle to use glucose; helps with glucose control, improves cholesterol levels, reduces body weight and body fat, lowers blood pressure and reduces heart disease risk by 35 – 55%.

By combining diet, exercise and behavior modification diabetes can be prevented in some and controlled in others.

This program will help you work through barriers that prevent you from achieving a healthy lifestyle and control of your diabetes. The program begins with the health assessment, an introduction to diabetes management, a get-started kit, counseling sessions with a health coach or registered dietitian, behavior modification sessions and follow-up. You will have a choice of on-line coaching, telephone coaching sessions or receive all information by mail.



If you have any questions:

Phone: 901-576-6428
Fax: 901-576-6478
E-mail: gloria.askew@memphistn.gov

DISEASE MANAGEMENT PROGRAMS

A Disease Management Introductory Program is scheduled quarterly for 2010 at the Academy of Learning & Development. If you have one of the chronic diseases listed and want more information on disease management, program announcements will be distributed by email or through your division administration. Programs will be held in April, July, and October.



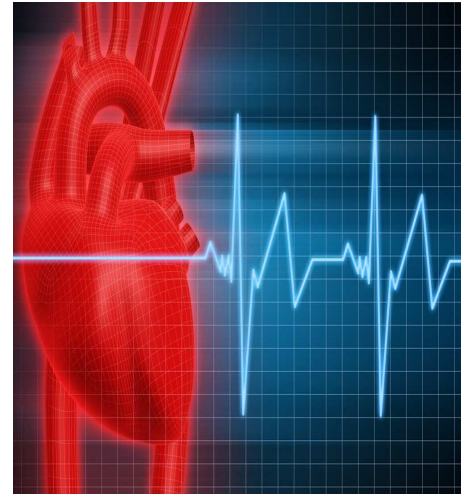
Mind, Body and Spirit.

Heart Failure/Coronary Artery Disease

One in three Americans live with some form of heart disease. Heart disease and stroke are among the leading causes of death and disability. Both diseases are preventable. Leading a healthy lifestyle by avoiding tobacco, being physically active, eating well, maintaining a healthy weight and controlling blood pressure and cholesterol levels reduces your risk of heart disease.

The risk factors for developing heart disease are:

- High Blood Pressure
- High Blood Cholesterol
- Cigarette Smoking
- Diabetes
- Overweight, Obesity
- Sedentary lifestyle—low activity level
- Stress and Behavior
- Drugs/medications such as cocaine, oral contraceptives use in women who smoke.
- Family History of heart disease
- Increased age
- Male sex
- Menopause.



If you have any questions:

Phone: 901-576-6428
Fax: 901-576-6478
E-mail:
gloria.askew@memphistn.gov

By adopting a heart healthy lifestyle the last three risk factors can be reduced. The heart healthy program is designed to reduce your risk of developing heart disease if you are at risk or help you manage your disease if you have heart disease. The program begins with the health assessment, an introduction to heart disease management, a get-started kit, counseling sessions with a health coach and referral to other specialist as needed. You will have a choice of on-line coaching, telephone coaching sessions or receive all information by mail.

DISEASE MANAGEMENT PROGRAMS

A Disease Management Introductory Program is scheduled quarterly for 2010 at the Academy of Learning & Development. If you have one of the chronic diseases listed and want more information on disease management, program announcements will be distributed by email or through your division administration. Programs will be held in April, July, and October.



Mind, Body and Spirit.

ASTHMA/CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Asthma is the most common disorder in childhood, affecting 6.8 million children under 18 years, and is the third leading cause of hospitalizations for children under 15 years of age.

The goals of the asthma disease management program are to help individuals best manage their condition, avoid triggers for asthma attacks, reduce unnecessary emergency room visits and hospitalizations, and improve their quality of life.

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease in which the airways (tubes that carry air in and out of the lungs) are blocked. There are two types of COPD; Emphysema and Chronic Bronchitis.

The goals of the COPD program are to help individuals avert acute episodes, reduce unnecessary hospitalizations, and live as comfortable as possible with this advanced stage of respiratory illness.

The Asthma and COPD program provides information and resources individuals need to:

- Understand their condition, its implications and how to avoid triggers that induce or aggravate asthma attacks (such as exposure to environmental allergens and irritants) and reduce or eliminate risk factors such as smoking
- Maintain a healthy lifestyle and adhere to physician treatment plans and medication regimens
- Receive the most appropriate and timely treatment and testing.
- Effectively manage their condition and co-morbidities, including depression

The program begins with the health assessment, a get-started kit, counseling sessions with a health coach and/or referral to specialist as needed. You will have a choice of on-line coaching sessions, telephone coaching sessions or receive all information by mail.



If you have any questions:

Phone: 901-576-6428

Fax: 901-576-6478

E-mail:

gloria.askew@memphistn.gov

DISEASE MANAGEMENT PROGRAMS

A Disease Management Introductory Program is scheduled quarterly for 2010 at the Academy of Learning & Development. If you have one of the chronic diseases listed and want more information on disease management, program announcements will be distributed by email or through your division administration. Programs will be held in April, July, and October.